



EATING OUT



- Never travel without your Twinject – especially when eating out.
- It's best to book ahead – so you can tell the managers about your allergy.
- If the response you get is unconvincing, don't go.
- Tell restaurant & cafeteria staff about your allergy.
- Avoid peak hours when busy staff may slip up.

FOOD LABELS



- Learn to read labels.
- Ask your allergist about alternative names for allergens.
- When in doubt, avoid the food. The absence of a 'may contain' warning doesn't guarantee safety.
- Contact the manufacturer to be sure.

TRAVELLING



- Talk to your doctor about how many doses to carry.
- Make sure you have enough medical insurance.
- Inform your carrier/airline.
- For flights, bring your own food.

List your allergies

EMERGENCY CONTACT

Name: _____

Phone number: _____

Wear your **Medic-Alert®** bracelet/tag at all times!

